

COPING MECHANISM TOOLKIT

- iu understand body sovereignty
- ia internalize primary selfcare
- ib develop self defense threshold
- iiu recognize early warning signs
- iiiu verify phenomenology
- iiia interoceptive
- iiib exteroceptive
- iiiu priority response spectrum
- iiia total exposure
- iiib total disengagement

AUTONOMOUS SELF CARE

1. Core self
2. ground/earth
3. breath deep
4. symmetry/asymmetry
5. disengage dialectic

"When knowledge is deprived
of action, reflection
automatically suffers."

— Paulo Friere